



## Joan Hyman Long Bio

Joan Hyman's grounded teaching style seamlessly supports her students as they emerge from their practice with the rich and bright energy that yoga has to offer. Joan's teachings come from an organic and intuitive place, as she draws upon the combined studies of the Ashtanga and Iyengar methods, as well as Ayurveda and meditation. An authentic modern-day yogi, Joan's love and devotion show up in her practice and throughout her teaching. You will leave her class feeling transformed and deeply aligned.

Originally from Philadelphia, Joan earned her bachelor's degree in Exercise Science from Temple University. Shortly after finishing college, she moved to New York City to pursue a professional dance career, and it was there that she discovered yoga. Soon after, she relocated to Santa Monica, California, where she completed the YogaWorks Teacher Training with Maty Ezraty and Lisa Walford in 2002, followed by further study with Annie Carpenter, who is known for her SmartFlow® system of highly intelligent sequencing.

Joan received her YogaWorks Certification in 2006, and took her first trip to Mysore, India, to study with the beloved Sri K. Pattihbi Jois and his grandson Sharath Rangaswamy. Since then, she has traveled extensively throughout India and has been blessed to study with several world-renowned teachers in far-off places where she has enjoyed

unplugging from the Western way of living, fully embracing the yogic lifestyle and immersing herself in her practices.

Joan spent fifteen years as a distinguished YogaWorks Senior Teacher before bringing her expertise to Wanderlust as the Director of Teacher Trainings in 2016. Now, with over twenty years experience leading retreats, trainings, and international workshops, Joan continues to travel the globe leading her own signature trainings. In addition, Joan partners with yoga schools in various corners of the world on developing their teacher training programs. She has created [The School of Yoga](#), which is a professional teacher training program helping students work towards their 500-Hour Yoga Alliance Certification and enhance their continuing education. She offers trainings virtually and live within her worldwide community. Her teacher training modules range from a fundamental 200-Hour to advanced three hour trainings. The team of senior teachers at The School of Yoga, are experts in their field of study and include Annie Carpenter, Marla Apt, Jeanne Heileman, and Cristina Holopainen. For more information visit [The School of Yoga](#).

A leader in the yoga community, Joan's open-hearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving. Joan has contributed to popular blogs such as Yoga International, Yoga Journal, Wanderlust, and Elephant Journal to name a few, offering her advice on health and wellness.

Practicing with Joan is an experience; her instruction is intelligent and light, infused with a strong sense of insight that stems from years of focused study. She has the rare combination of a calm, sweet and loyal demeanor mixed with her wild adventurous spirit. Studying with Joan is both fun and freeing, while remaining safe and focused.

With Joan, you're not only exploring your yoga practice, but you might also explore the globe on one of her international retreats or teacher trainings. As a citizen of the world, Joan has taken students on adventures to India, Nepal, Bali and other places dear to her heart. On her international retreats, Joan playfully guides her students on a focused journey to experience the depth that an unfamiliar place has to offer. Her guidance is meant to help them unravel yet another layer within themselves and bring them to a place where they are more connected with their hearts. Joan started taking people to India because

she feels it reveals the deeper layer of yoga and the spiritual practice that is not found in the Western world. Joan believes that being in a place unfamiliar to us, breaks down walls and deepens internal exploration. This, she feels, is what a yoga journey is about...finding your true self.

Joan is a dedicated yoga practitioner, maintaining a high level daily practice. She has practiced Ashtanga yoga for two decades, completing Tim Miller's third series Teacher Training in Encinitas, California and studying regularly with Noah Williams and in Los Angeles. She has a weekly Iyengar practice, which influences her teachings, studying with Lisa Walford and Marla Apt in Los Angeles, and she continues her studies in meditation and pranayama with other world-renowned teachers. Always seeking inspiration, Joan considers herself a student of yoga first and her teachings a gift to be able to share the many healing benefits of yoga and meditation.

An authentic, modern day yogi, Joan also lives a yogic lifestyle. She embraces all of the eight limbs of yoga and Ayurveda – \_the science of life. Her love and devotion show up in her practice and throughout her teachings. She is fully committed to helping her students live from within their highest potential and align themselves with the true teachings of the yogic traditions.

"I am so blessed to be able to do what I love and stay deeply connected to my yoga practice and studies. This is truly an honor, which I hope I can pass on to others." – Joan Hyman